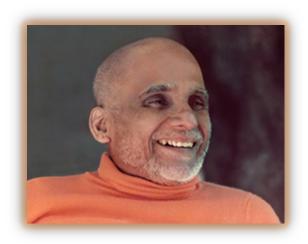
INTERIOR PILGRIMAGE



SWAMI KRISHNANANDA

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PUBLISHERS' NOTE

The third edition of this unusual publication consisting of a compilation of Swami Krishnananda's handwritten thoughts on diverse subjects is being brought out on Swamiji's 88th birthday. These writings are suggestive of Swami Krishnananda's versatility and spontaneity of thoughts and feelings, and are useful for daily contemplation and inward relaxation.

THE DIVINE LIFE SOCIETY
Shivanandanagar
25th April, 201

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The Arms of Sign The Universe, and everything ion it, is a 'kingdom of ends' therein every individual or unit is an elsener of selfhout rather than a 'means' of exploitation by other individuals. This aim of a collective or panisation of ends' and selves' is the basic Diseal of all pur suit of knowledge. Aducation and the culture Consiet in The Systematises. process of unfolding gradually this eternal meaning of all life, this ideal catts for a parallel advancement along the lines of greater and greater unselfishness and inclusive Consciousness of existence tenthe Universal All-Self, The Gre Existence, Shus, The Whole of one's life is one of shudentship in the school of creation for a recognition of a Cosmie prégnéficance present in all beings. I sami Kanshmana

The Conflicting Drintener The most ostensible form g human teasoon is seen Pin Social conflict among diffesent individuals, This astres due to an immer comflich in the layers of the personality of everyand indivodnatity of everyone. But, again, this nonalianment of the immer
levels of the individual is occaswoned Dby The segregation of the individual from the Fotal of the Universe, falsely presenting the latter as and colsiech' to the former which is considered as The knowing Subject, The last, The ontola piedl contlict is in The Distinction drawn between The Universe and the Absolute, These Conflicts are melted away, gradually, by the system of living envisaged it in The Bhagavadgita. Shami Kanohmamas

Philosophies of Political Science The contract theory of Thomas Hobbes, blick holds that all law and government originated by a shortual agreement by people occasiooned by the necessity to protect one afother and everyou bpai not interferever from another as everyone is besically a 'holl' thick character in man can mamitest itself at any given moit up, and the metaphysical theory of Hegel that all law is a minimersal poinciple of the universal poinciple of The Absolute Reality and that the very need felt by man to have such a thirty called law and order lefts be one to a significance which is contolopidal and spiritual, constitute the two most comportant doctives in the political pursuits of the field of knowledge, Both head theories are true at sifferent levels quenisarement.

The Political Studie N outlook of life takes one to one's connections with that is elabor notely called the Political Stonetura of the Country. One becomes conscious of the Contin personalities Considered as Certain personalities Considered as heads of the ionmediate environment of the Community, The village, the district, and that sider jurisdiction of the previous and the State, this knowledge and the relevance, of this knowledge and the relevance, of this knowledge to one's personal del beval life Coombines in it.

lel the basic principles of The

civic and political atmosphere

in thich one lives this saises

the question of the necessity to

be properly informed about the

nature of latis and segulations

that govern one is day-to-vay existence The history of the Comm-try's people from the Learshast times contarils is acrothy Commented need in learning. All these form part of one's outs culture.

Sportmality of Political Soife Today, deep and sincere brayers aman have to reach the Almiphty to ease the ten-stion of the internation al Complex, one Force of The Centre of thos has to descent to break through the turmoril of The Crusset feelings, sentimente, whins and weedspies of our political stalwarts in the world. When bisdom lingers with a lame leg power dances like a whirling top brithout knowing the thy or the how-long of its impulsions, best citadels of compared have come and gone, But, thy? That is the rationale of this trama of human history? Goo is over-bresont, and nothing is impossible for stim, The not be all invoke Him with al Foral Simple Oteart so centred may bork The mirache, bork The mirache,

She Philosophy of Government fol is the Absolute, The Only Reality. The Universe is its
Body, as it were, an individual living Granism, The individual duels are "reflects" and Thus
"reversed parts of This Whole.
Theman society is a psychological organisation of relation-Ships formed for antihual selevity and higher arraneement. It is a ghost of the truth that reality is wider than isolated in of vidualities, a foggy apparation of the fact that hat that is real is always Super-individual. The political system of admimistration exists to restrain people from execuses in their behaviours, but to help them i'm pour suing Their moderates and har mode sed Courses of living, brith ex-ternal security and also in-ternal advance on ent in the various levels of their needs for growth to human perfection

ML dow is an operation of the System of the downerse, central con the Obeing of the Absolute. Down io, This, Rita and Salya, cosmie as well as - God-oriented. Bow operates in different Depres of comprehensiveness or evolusight forom the reltwonate can-soluty of the chewerse down to the vibration of an election Social laws and postiveal systemo of administration comnot, therefore, be separated from the requirestroms on eccession factor by the over-all law of Creatroth i teelt, - The law of the Cosmie Self i monament every where, i'm I everything, of no this inviolable low that enther retrards or punisher. The justice of the or padison of the for its purposes tools handled by it for its purposes.

Lociology type is vitally concerned thish solval relationship. Princepally the relation of the indusvidual with human society is psychological and ellical, though it has its other important aspects, such as the economic, the lagal and the political, among many others with connected values, o. On the surface, social values seem to be ornerely a total of conditional walnut, differing only in size or magnitude, but not in quality, because there bonds be no society if there are no individuals. But, There seems to be at the same time, a more cartal relationship among in-Dovidnale, which common be videntitied with the induviduals them selves as isolated existences, and ion this feature, the relation franscends the terms of the relation of the into one taphyoies. Knish ne mass

-30 The Deonomies of Living The economies of human life in every boy, requeres that one should not harm another in any way, but have a consideration which one applies to one's our self; that one should not try to Deerive another in any manner; that no one should possers or enjoy anything thich looks not seather belong to one whether by personal labour for earning left or by any justificable anode of selationship; that one shoold not take from others onore than what one has given to them by way of Some Service; that one tohands not possess more things than what bould be neceforfable existence as the essen had needs of life, and that one should good indulpe in pleasures good habits thick bonds be harm ful to one, shealth and to the peo & otters. Knishoranam 55

En National Integrations buility and the distottes form a what goes by the name of basteism, tending to a risrup-tion of social and national which is should be comsidered as a clien to the shirt of the essentiality of the essentiality moving and evolving process of a tray of life commensurate with the universel tranking of all things rather than a might be to to every form of human illness in the course of human illness in the course of his tory. In thinduism there his tory. In Him wien, there is a coming topether of the different values of life the economic. The wital the ethical and the stri-vitual, linson as Artha Kama Sharma and Moksha as a blend Like honey, i'm which all ingre-dients are a single ingrowent of showers, An assure would for the thigher simily Campot be based on aloper is parity, this home and

-38 XI PRy sies 4 Physical Science Drange from
the Science Drange from
t all things, that one-ende are ondo gatome, that atoms are forma-tions of electro-magnetic fields of foreb, that master is essen-Hally bundles or granta of particles or waves of energy, that master is convertable into eneand frome and consation or gravi-tation do not exist in -de pendently but form one Space- Fine Continuum of what may be called a Fours-De menovanal Ulai verse, Where in fact, enerything is every-where are everything is The couse as well as the effect of everything, and that the laws & Spoke- Fine- I savitation and son the end one and the fame All things " impres" into one another totrapide a Cosmic Existence. Vbami Knishmanos

XIL Relationity She Principle of Relativity 2e-drees everything into the store-time Complex, an interdoperi-tener of all structural potter his as Hell as breats. Directs do not take place in space or in time but in The Space- Forme-Con-timuum, Thus, every event is a universal setuation and not an isolated occurrence. All events are toutors in a Faur-Dimensional Reality, of which the three-Delmensional D borlo is like a shadow east by the real substance, one line verse is more an organie living whole in which the odea of consolity is sooted out, because in an organic structure, the ports are so related to one anoand connection that all things are all other things also at the Some time. Relativity rises even behind and beyond this comeant and borders whom the conclusion that the their berhaps, an Intimite Thought the whing eitself, res than what is observed? by and robserver? I warmi know me man

XIII OKe mistry Chemistry is the study of the action and reaction of ply-sical substances, and the sub-gect is mounty divided into the analysis of imborganic and orga-onic substances It is hard to felieve that the chemistry of the body has no relevance to vis bullogucal functions and, inwhen to the psychological factors on the contravolute. He close association is brought to high schief in the effects produced by the administering of chami-cally manufactures drugs into chemical effect of organic Sub-Stances improduced into the body of a termson being. As chemental activity can affect physiological functions. Chemis-It the molecular bases come Fortuting the building bricks of all one twoths, - earth, bate time air, and all their personneterious and Combinations, and some boom knish mand

XIX Briglogy las al ways believed as a compoler has always belowed as a composer psycho-phonical substance thith a smartal action and reaction between the bodily functions and the operations of the onen-tal taculties, the theory of the Belaviousiots that psychic functions are motivated by play-siological refleces and activities cannot be accepted, lines it is difficult for anyone to conclude that cannot be accepted, lines conclude that conscioness Combined in modern medical Science, Psychosomatio conditions are seen to be more reasonbeloviours, sell or ill, than a letur cation of mind and body as two tratertieth Comport ments, which they do not seem to be. The process of life in matter, plants and males and humans suggests a uniforanity of growth to wards larger diamensions, and physics be chamistry, biology and psychology be.

Prychology XX Consitroned by the framwork of space-time, and by the Categories of all human understan-ling, dez, quantity, quality, relation and modelity, shore are principles which decide the way a human behaviour, conduct and Letvity, and these soinceptes are the very structural pattern of the antino in the content of the Universe, one nature of human perception is the course of the antimate in which huma-That things are 'outaide' overell, that they have a mass, a quelity or character, that one thing has distation to another thing, and things exist in some contitime in outer space, and time in outer space, and the basic limitations of all he man knowledge. The mind nevely brooks as a handmais to the clamours of the five senses. Dami Ranshone nown 35

XYI Mind Mental action is real action and physical action loses its signi ticanne When the mind is with drawn from it or is dissociated with it. That binds or liberates is the shak binds of historial a particular from thinking in a particular hoy, one onino is a focussing point of consciousness which cossemes a spatio-temporal form as the prochie function of both conceptual and percaptual and percaptual objects. The onino is the medium of the Three-dimen-sional thinking to thich every one is habituated, and con-seionaliss is The forex-Damen-sional' abareness of a non-Spatial and moon-temporal existence. Thinking, under stand-ing, remembering, and self-arro-gation are different ways in, which The mind as the Antoh-Karana Looke. Wandhamana 200

Psychoanalysis The study of psychoamalysis is fundamentally a probelinto the imstinctive urges of humant noture, which, to a large bestent, condition even the hunch'oning of man's rational popers. frogre can very easily before an argument to justify instinetive pressures from britain, they bosic urges are supposed to be those of pood, sex and poper. Then the impulses are detected Then The impulses are Defeated by sowal mandates, and the Oke, or by unfavourable circlem-Stances, the mind sets up protective reactions known as defined onechasisms, and tries to fulfil itself either dereatly by obtaining the recessory means of accom-plishment in some devious troy, or induretly by regression by seeking the next best policy even in psychopathological comin-tions. I pami knish na ma 35

On Psychoanalynis of Sportful Living in the inward search for that which is everywhere is not a blindness in the literal sense It is an appayent transition of oblivions due to the natural Deachions set up by the em-birical Constitution of one's hindini duality, When one presses fortrared to transcens lit in lone's consciousness, There comes a stage when Consevousness does not play any important role, and is a higher purpose, therein in-dividual reffort gets trans Stoon tame ity of the Marvellous thrace that pulls ates through every vein of Creation

Aestheties XIX for beauty, visible, and ble or intellipible. Architecture, sculpture, pain timp, music, dance, Etrama and literature form a series, in The ascending order, of fone acothetic appreciation and perception of behalf by the eyes, earl or the reason. The tastes' or "Rasas" in Indian aesthetie fields are The 'Sringara' (romantio), Vira' (heroie), Karuna' (priteons), "Adbhuda" (bondrous), "Otasya" (laughable), Bhaminable or nauseating), Bibhatsa' (abo-minable or nauseating), Rau-Dra' (tirrible), Santa' (placeful). All feelings of men and women are compochended here. Averyone fuls only in one or more of these emotional ways. Then they sise, The contelled and the to operate, su fulings are neary, intellect, Herce Their strength. Vbani Kombhana 35

Beauty no the result of a partial ex-pression of the Universal in Conscioned experience. Beauty is The orision of the Absoluted through the Senses and the understanding the main material of beauty is symmetry, rhythm, harmony, equili-borium, unity and a sense of perfection and nitest in of beauty souses the consciousness that a state of rapture because here, the perfection within, which is the soul, is stirred by the roly the form and the hasmony of the form for the soul ittely is the highest skythm and hard only of the highest skythm and hard only or the soul out, or it here, in a wild shakeup of the entire being onesely

one Poinciple of Bipolarity expression, when it is ready since the two inspulses how the common aim of preserva-tion and prysical organism in any torm of life theme is practically no behovie for theme is practically no behovie former the fire preservas. The fire preservas the fire preservas the fire preservas. The feet brown the fire preservas the fire preservas to handle the phenomenon to handle th Soulobe to follow scientifically the Course of the four stages or the four stages or the growing organice mature ing of omally known as the Ashrama-Sharona. Any repression constitionally effected without Sufficient— hunderstanding of the vory purpose of life analy turn dang fours to health dangerous to society, and may even hurl a person to rebish for making amends to errors of enthus issum. Natural laws There no regard toy Cults and who was, the fourfold law of life hungharhas— is the remity of

XXII Axiology Laife is a process of prog-ressive self-thronscende her from the wealow of on atter to the realisation of Supreme Serfection. Based on this broad understanding of the graduated levels of indistidual helationship to the Universe the bretationship to the Universe The various human values or ends inhite have been classified into the four Priningharthas, the central aims of existence, viz. The practice of righteensness, Dharma, The effort towards earning the ouccessory material values, Artha; the fulfilment of the essential personissible desires through indegrating and tholesome through integrating and tholesome means, Kama; and finally, as the total fulfilment of all life and existence in Dalson lute freedom in a Universal Exportence, Moksha, All These forer one or panic whole and not sa-Mami Knishnama 33

The Classes of Boiety Varna is not a colour visible to the eyes bout a degree Conceivable by the grind, which means to say that by the term Tarma he are to unit-& tand the degrees of expressions De classless society is comaginal. dom of Goo, Brahmaloka, but world of deffering knowledge,
capacity and need. The foursoron of Sharma as The fourfold classification of suty is
ordanced in such a way that
the Coming to petter of These facets
of human society hill sustain
et as the coordination of The
head, The heart, the arones and the legs or the feet of the bookly or familiar Museference is to the mount of popularly as the Brokemena Dishatiya, Maisya and Sudra,

The Stages of Sife In the fourfold Scheme of The life of the Brakmachanin, Inihastha, Vanaprostha and Sammya in Society is preserved and transfir-guret qualitatively for an in-Sight into the reality which un-Ithes all life, even dothe system of the four Varnas, or classes of people, protects the quantitative Soludatity of human orga-visations. The plan of life arran ped into the four stapes is a systematic endeavour for the Conservation of the vetal, intellectual, moral and sperifual aspects of Luman nature, Here ills of life box n of the Separation of Society into selfish inda'viduali-Thes, our stapes, called Ashrasessive overcoming of matter by spirit, externality by universa-

Shilosophy XXX Philosophy is the study of the subsection of the things. It is the simple caused of contract the timel caused of contract the timel caused of the peaking, is not a mered love of brighten but an actual to earlier and it is proached life. Philosophy is not a theory but a vision of life (Fareforma). Out this case not professors, academicians or Doctolinaires or even spectators' but tome poorticipouts of life in its real mean-ing and relationship, to be a philo-sopher, therefore, implies more stuff and substance than that is taken to be its value ion life, of policiosa bler is not concerned with human beings alone: his concern is with all O Greation, The Universe in site Condetenss, stis thought has to reflect the total import of existence in its topethermore on all human sinto the deeper roots of all human thought; politics, sociology economics, ethes, acotheries, axiology physics, Chemistry, biology, prochology erat of emology, cosmology, prochology erat of mology, cosmology, prochology erat

Epistemology XXVI Epistemology discusses The quisition of right knowledge as of brong knowledge, Seuse-bereephon imference, Companion, verbal testimony, presumption, nonappreheusion and non-relational intuition are The phases and stopes of night knowledge. Sonowledge is said to be erroneous when one thing is mistaken for ano their thing eather Ina to defeatine forenties or a preponderenea of Some como bodo, buch as passion or hated, and the like, Intuition proper, transcending all empirical an-earns. one theories of "Correspondence" (Coherenas" and · prapmatia utility, are some Dense, reason and Direction intuition by Communion sum up the process of all knowing Vhami fonshmaner

Religion is the reaction of the human being as a total whole to the totality of reality, one shole I man surges forthe Howards the Blok of retirmant eniotence, This bhole of memore consept of seligion does
not only not oppose for contrate of the
economia, sociale, personal and
political side of human needs
but, on the other hand, makes the
latter meaningless in content britishant vits we take in content
brithant vits we take in segnificance
Religion is not a parochial
ism' a creed, cult, faith, logma
or tradition, but the response of
the reality in man to the
seality in the lawverse, what
goes by the name of theology,
thus, obsald not and need not sentich itself to studies and approaches concerning a food serping from outside and begons the books, but actually commisses in the rim- depth analysis and application of the verious stages, processes and aims involved in the phepouse of the ride-ranging ses-bouse of the reality of the indivi-mal to that is miltimately real

The Sivine Incarnation The Avatora, or The Insarna from of foot, no The response of food to the needs of humanity. There is an internal bond of relative and the Absolute, and the descent of food on earth is the pressure of the poter of touth forcing itself winto the realm of the relative whom the harmony of this bond and relation gets diesepated by Centrifugal pryche emergical that team to sum counter to the integrating centripetal call of for to all manifestation. The descent of food as the Incarnation is soud to be for the feedom to and perfection. As the in the body perpetually waged bolancing toxing, the univesal bolancing pours of the Absolute inboluces sitself as a corrective element atmidst the disturbig forces of daskness.

35 XXIX Knishma Meditate on the bondrous Krushna who comes walk on earth Krushma Who Combo Walk on earth and in heaven simultaneously, bring hings John from Their throme by a kings John from Their throme by a Cremie one to krond of his, assume the Cremie of the Almighty and yet break the feat of guests the affect the Rejoshya socretice of guestishthing betitoh charming garls the loved him as the All-im All, give assume the beat of the break to loved him as the All-im All, give assume and comfort to the break to loved him as the All-im All, give assume the proposed even the territie gods in bottle, speak the highest philosophy and fight as the mightish of boldiers, give spiritual virion to tiggins in anestitation, hypnotise the whole army of The Kouravas by Jogins in onevitation, hypnotise
the whole army of the Kouravas by
a mere look, Converse frick
Porahma and Rubra as friends
and yet hold the reins of Ar juna's
chariot in bar, and remain at
once the source of omnisciouse
and commiscotures, a mastered goga,
a Centre of love and a dynamic
onan of backon, — a perfection
of porsumality as onan aus foo
in one — the great Ideal of the
superman. I promi knich name

The Gospel of the Bridha nomena points to the took that all life is suffering to the seeing eye. The cause of suffering is de-Sire (Trishna) buch harasses everyone with its distressing tembeles, First, there is ightorance (Avidyā). Second, there is the separation in hindral will or self-affirmation, or will-form determining the future expectation (Samskara), Third, there is the urge to entir a body or formation of characters (the conjutana) Fourth, there is the concretisation of the will as the name-form complex, or the psychapty real stoueture (NamaRusa). Fifth, there is the de-Size to go 'out' for contact bit others' through the five tenses, - seeing, hearing, touching, tas-ting smelling (Shadayatana) Sixth, there is actual contact of the subject with the object, through the senses (Sparsa), Seventhe there is emotional feeling and pleasure as a response of these sensations of Contact (Vedana).

The Tospel of the Bouldha (Contd.) Righth, there is intense cravinla por repeating the experien-ce of this pleasure (Irishna). North, there is grasping of the object brith gread and possion and a redoubling of the effort for this purpose (Upa stana). Hente, there is the seed some for reberth caused by insatiated evaring in one kife (Bhava). Eleventh, there is rebirth into another body after the death of the present ofne (Jati), Twelfth, there is, lo, this momentum pour thed on and on of sorrow and lend-less pain through the whirling chain. action (Taramarana. Darkkha). This is the bheel of emperical existence (Bhava-Chakra). The semedy for this analady of existence is the holy left of virtue and meditation con the touth of life, Freed from bondage on the rise of triodom (Pragina), one attains salvationen (Airvania). Wami Kriohnanas

The Teachings of Christ Christ is in the great declaration; "Seek ye first, the Thingsom of God, and this righteonements and all these things shall be added undo you," " Verily, I say unto you that thouse shall be and cast into the fair, Be lifted and cast into the sea, and shall not doubt in his heart but believe fully that blat he tays skall be, it shall be done for him? The Sermon on the Mount, of Jesus, the Christ, such such such and motals, "Render who Caesar that Which is Caesar's, and to God Akat is God's, Here, the great wisdom of life is stated, a lack of the implementation of thick has led many an unfortunate one to borrow of ofrait is the gate, "marrow is the bay" to foot. Nothing of the nature of a belonging, not bren this body can pass through this gate of fire. "Before Abraham Jas, to am." The Eteronal Speaks the Christ's message crisply: "I AM; Follow Me", I boom i knich manamen.

30 XXXIII The Gurn mentor and quide to the student and the seather. There is no objectwom to respect, regard or tollows anyone whom one considers one's superior in any way, It is gruite all right event if a feaker has many teachers sin some bay or in some form, though the spiritual furne is only one i'm spite of there being many me tructors on the past. Sikella-Gurus, - from Whom se-veral degrees og knobledge are imbebed, One Whole world, all Nature, is a perehighest frem in the Mokshathe tor the timal liberation of the discople is not physical social or personal, till the salvation of the discople.

The Meaning of Raitmal is demonstration of The religion of the religions spirit in Dextornal symbol or action, Rituar is like the feet of religion. This in no way Domeans that withal is a non-essential part of religion, even as the feet are an essential part of one's body, for, on
The feet is the body susported
Ritual is the outer form
and not the essence of religion
and hence when its spirit;
is omissed, religion onay.
stagnate and not rise above to its true and higher on earning. All ellies, anorality rule, law, custom, tradition and the like is a scaffolding very necessary, but not the televities itself. Stami Kani Lieman

The Four Stapes of the Descent the beginning There was
no knowledge of things! 8hen
there was the knowledge of
things but not the knowledge
of the distinction of things.
Thater was the knowledge of
the distinction of things but
not the knowledge of the judgeament of things. Then Came
the knowledge of the judgment
of one by the other, and, lo kell
bescended on earth, These stages Correspond procheally to the Hour Ages Called Knitaguage, Sve paraques and Kalinguage, Sve paraques and The golden age, The copper the copper age and the iron age of human understanding and -Ethical Seude, To ascend in the neverse order bould be tomtamount to the stopes of The Joga system Karishmanas

30 XXXXI Tharma Tharma, which is the name for the righteonsness that is roofer in the omake-up of all things in the blow over se, is the online factor that determines the significance and walitity of both the exis-tence of objects and one's reletionship to them. Thorona is that all-pertvalive cohesive poinciple Which things in a harmon moone state of interpration, In the physical Universe it appears as Hellas cause and effect relation. as montral reaction chemically: as the law of growth and butter or ance bio Refrically; as Cooperation endorprise and affection socially; as the law of bodoly health, wital steament, annual poise intellectual judpment, amoral obligation, and, finally, as the naity of the Jadovisite vely of the Cosmos,

Charach XXXXII_ Character is one's inward dieposition necessitates in terms of the law of the Universal Presence of the Santsem Being at any given fevel of its expression in empiri-eal life, the implementation of this inner law in outer behaviour às conduct. Hence, one's character and conduct have to be assessed, not in the light of shal a book las towo that a Community or society considers as ets tradition or holory enstorm, or even that judgment of good and evil may sonance with that principle of existence in whose light Drimaccondance with whose over of indiarisable interdepengence and inter- subtenance, this is the principle by thich the higher purpose or aim destoranous the lotter conduct or behavoour, 800 Enighma tould fee perfection in the harmonions Arginna rather than in the too good gustishthim. Have how when it

Alimsa MIYXXX of harm not is The Righest of Two there and the indignia of the goodness. I way other othere will in just an accessory to this great king of amoral and exical requirements. One life cannot interfere with another. Only he the can create has the libertly to deethay. Man cannot libetity to destroy. Man cannot creat even a Rair on his body.

What authority can be have on
other lives? Selfishnen, when it
takes demoniaced propertions, cuts
of the very root of that law
that others exist in the same pray as one's own self-exists, do not do to others what you world not lota to be done to Tyon by others, stere is a faint reflection of the bour in which the eluinerse bould expect us to condu lowr Edves. I shope are hard truths which one cannot easily stomach, but The bools does not seem to have been made for man alone. Share are more things than the human eye can bee to

She Yoga Way of Life fully endeavours to bring about a Tright about turn, as it perception, goga lecopuses
the need on the part of man to behold his environment, cris, the Universe, as a Whole not as an object of sensory operations or mental copiefrome, but as a large family of introso relationship which the cannot look at as an object but i'm Which he has to participate as a vital organism of existence, ours envisagedifer All relationships are corganie, and "internally de-Coorde tooned? The sprin tual vision is frank-emporated. Remonitarion

Stages in Joga Practice esterially that taught by the sage Patarigali, is a graduated and of the ascent of conscious ness from butward social relationship, to the inward and brider complications as the personality; the body; the vital force; The sendes; the mind intellect; The causal involve-Crum; the five elements, org., Darth, Water, Fire, Air and Ather; the five Janmatras, viz, gan-The Rasa, Rripa, Spars'a and Saboa; Space- Firmel Cause, The Cosonic Ahamkara; the Cosonie Mahat; Prakoiti; Culoninating in The exposience of the Self establishment of the Poursisha or The Infinite Being of Prose Consciousness, The Volanta Rolds that here the whole of Procket ti, or the Claiverse, becomes, or, rather, expensenced as inse-parable from the All-Inbject, the shipsome Prurusha,

35 XLI Sädhana Padhama is not any kins Beroly Octoon that is touta state of mind, a condition of think only a consciousness in Brief one lives. All actions are symbols of an intrast and another or motoration in a given derection, she majority for Lakes are likely to bet Post in a wildermoss of lost in a bouldermoss of a confusion errortice thoughts and confusion ideological due to a lack of any snatained boebpround of a final ideal in life to sent upon, Sprintuality is not a Hogy of living omenus connection the tooks, nor is it Sadhana is a smittle golden blend of the outward and the contrart, or, rather, matter and Come cooks wess, the troopled and oneself, the object and the Subject Maoni Ranish na na 35

XLIII The Law of the Universe in the Cosonic Machine, and the Mechanism books on owing the bhels automatically. The Operator Sheels automatically. The Coperated of the Machine knows things better, down it is none of the business of the wheel to intrude itself or bout in, as it it is an independent tomesthing, Its duty is much to cooperate, not to beside the light of the sifficult to-uniti-bland of the sifficult to-uniti-bland of things are doing all things in boardly organises as in the human system, no one can be soud to be doing anything or one's own according one can be sound to the doing anything of one is own accord, she can be no personal agency in any action, perhaps not won in the process of thinking. The Coming to pether of Hinking. The Arguna as a single focus of action, seated in one chariot, evidend to each in one chariot, evidently, explains What human duty is in this tools

" Gther "People and "Gther" Things things are only the spatio-tem-porally projected and spread-out formes of one's own larger Self in its brider reaches and simensions, Itence, duty and service is not a help rendered to "others" as it is etroneously supposed bout a fulfilment of the condition of the very exis-tence of one's iondo violability and sersonality which is a link in the chain of evolu-tionary devalatment. tionary devalopment and advance in the brocess of evolution, a thread, las it bere, in the wast tabrie of society, the bools, and the Universe Thus, it is obvious that In his are necessary and unavoidable, that there are only drities and not rights and privileges which come a their own accord when dukes dre rightly fulfilled as the obligations of the finite to the

Karma-yoga Action performed as a saere free, gajara, becomes a direine lorstie, and it obell not bind. The spirit of Dearma- groga, or transmitted action, The obligasacrifice, - gajna, - is born with the induvidual. To be born as an individual is to be born trisk a duty in respect of all things, history as well as nonlivering. The Whole Universe is achive in its process called evolution towards the attainversal gelf. Awareness, People call This food- realisation, Shus, no one in The Universe con be inactive, Also, at the Same time, no one is imdependently and indundantly doing anything, All activerity is the Fotal Work of the Cosmos. Creation is the Self-more ment

She goga q Achon XLY browided that it is coalectously borrided that it is coalectously between in mind that the purposed behind it is the recognition, and one engages dutily Absolute, and one engages dutily in it for the part food on this want on the part on the part of the part on the part of Luman Suties But no actiwity has any spiritual signi-ticance of it semains merely a social service totally benefit The sive element in it and the day to the sine of conserous. All activity is The evolution of the Universe, and, Thus, no in Dovidual anywhere can be regar and as am (independent does or agent of any Levent, enter-trine, mojeth or action, this spirit within is the spirit of liberating activity - Harmagoga pherein activity and being, are executed.

The Sprint of the Pohagovergo to The Gospel Hick Pohagoven So Xrishma/begneathe to humanify is not a cult, creed, religion or secret tradition of any particular faith. It com cerale not merely some remote other- Dorldly life unconnected but the bhole range of exferience, and lays down rules for systematic discipline, on Perfect Person gives the Por-feet doince of the Perfect his. In this dialogue between Got and man, the hidden relation between the Absolute and the relative gets unravelled, and the glorions destiny of the and invidual is revealed as Coextensive and coeternal with cosmie loving. All life is gosa, universal life, and life is gosa, 1'hami Kariohnanan

Hu Assence of the Vedas, Upa-nishads and the Bhagavadgita Speak of Noviously (Ekam sad vibrah bahudhā vadanti)". " The Subseme Being alone is all this, Whatever was, is or shall be (Primisha evidam sarvam, yad Ekitam gat Cha Bhanyam)."
"All this is the Absolute Bring. (Sawam Ichalvidam Brokme)" To All this, Whatever is, is the Self (Idam sarram gad agam ātmā)" "The Internite alone is bliss (yo vai bhūmā tat sukham) cha-aham)" for Who ever worships Me, with undivided consciousness, thinking no other, to them ever united with Me in bring, I as shall provide all tocility as Hell as security (Amanyas chimayanto mam ge janah sarryupa sate, Hesham mityabhinguttanam yogakshe mamor mityabhinguttanam yogakshe mamor mityabhinguttanam modalishe mamor modamyaham).

Blakhi, Or Love of Foot In the lover categories of love directed to Low, the feelings need god, kither concrete, tangithe ps is the case in more advances toront of devotion, But in the hopkert reaches of Devotion to Food the Chief becomes a Union; sal Prosence, engalting all things, even the Devotes or the lover. One former and the latter and Pora Stopes of Divine leve God may be looked upon as Fother (Santa-Pohara), trient (Sakhya-Pohara), Chilo (Vatsalya), Master (Jasja), or one's Beloved (Madhurya), one last mentioned is supposed to be the here the strongest of human feelings is sulli makes.

Mystikism XIIX True onyopiewsom deals with the Fruth that ranges beyond and Determines all rational processes of knowing. Myodieism brootly concerns itself I with the immer relation of the im-Servidnal to the literal Being, with the pictures gne experience the soul under poes in the course of its ascent, with the Earners and sufficienties it has to enpsychology of the phenomenon of religious conservous conservous ness, But with the philosophical fourbatons and implications of The inner post of the sporset. One boy of direct supersensory awareness is studies, by thich The soul comes in die sech schahimohip inhardly with all-things, Mesoni Kushmanis

Jantra- Sadhana 工 In the form of spinitual prochée known as the Fantra, there is no rejection of anything by the consciousness of self-Secipline and self-restaunt, But la harmony established in relation to all associations of consciousness to site objects on Suman respect for breakth, sex conderns in This / unique franconvel technique of selfthe blind and, therefore, erroneone one verments of consciousness, and lever to be strainghtened and directed along the evel son toch, evil is only the Objectitication of a particula point of a view ignoring the existence by other points of view, there are equally valid from their own Counter to. Santa boils down and sucke in deline by connocuous fulfilment, which is one they indulgence nor abstention Mami Komphyan

One Great Shakti It should be possible to Power as the Smergy vibrant in the Whole Viniverse, The enthe Creation is Shakki-Emergy. Ship to the magnificence of the Cosmic Perwasineness, but once Steam which flows in the direction of the Power of the Supreme Being the Supreme Being the Shall ever be under the tection, security and abun-Janes. Has not The word given us This parental promise ? And what else Lose need? Jami Knishnama 25

LI God, She Almighty The work of creation by Sikrara is to be considered this supreme yoga, this acts receive Their significance not through any outhour implement, but by The self-manifestation of thinself by the immense Spowers that He possesses, Jad to project this Universe for it is in Himself. It's Tapas' or creative Contemplation Consists in the consentration of Dris o moni-Science, and Dris poor is identical with Stis kno bring and being. The Existence of God is a Womber, of stis ways are a Mystery. Crea tion is one meture rather than an act, God Itimself appears as the Universe when viewed with the spectacles of space and time. Spirit appears as matter time. Spirit appears by the Sensations of colour, sound, touch, taste and somell and cost in the month of the sensonly con-To ag the All-Being. Joani Krishnanan 35

30 Virat The Virat exists as an eternally active Cosmic Vist of dynamic Lance of Reightened Clies-infinite, thick goes by the name of Creation of a uni-verse of parroramic expressions of gorgoone beauty and a Nariety of experience in the indivisible delight of Selfjecognition and Self-union in everything; - reverything is everywhere, levery times, in every form: - a transporting scene of the anguish of souls to merge into the Inward Selfhood of Unliamited Being, in an experience of 'J-Am-J'. The Wonder of "That Thick de? Abami Kanishmanaman

35 Hiranyagarbha Internal to the waking con-Scioasness and pervading it, there is a subtler fulnction of this very same consciousness, which is subjectively known as the Iream Sconsedousness, or Jaijasa garbha, or the Call-pervading subste consciousness in thick the seaand patternes. History apartha and Worat Seem to have the Same Structural formation, though the former is subtler and mother pervasive than the latter. The Hiranya partha-Sakta of the Veta sings of Him and the Privarsha-Sakta glorifies Vivat as the expression of stiranya-gartha, she committed form shown and gartha, she committed form shown Den Sin Drishma is a blead of Hiram ragarbha and Vivat in a highly magnificent picture. Sation of expression, I shrara is behind both these formations. Mari Karishmanans

IV 9 shrara Ishvara is the name so give to the Creator of the Houverse, and it is she who initivates the apprearance of all things, by the aeforcity of stis Comsonousness. She is committeent, for she has the Poter to do, undo or transform the Elniverse as a bloke, Since The Elniverse is stro Body. Ste is omnipsesent, for ste supports and animates everything by Stip supseme immaneree. Ste is compriserent, for He has a direct intuitrom of all things, manifest or unmainitest, in a trans-spatial and trans-temporal grasp of The total being of the Unit of verse, schooledge, Power, Blies and Existence are self-identical essences Which cook of the the very Being and Activity of Ishvara, the Foe of Creation.

Brahman Drahman is the Absolute the Ultimate Reality. It is the from of all existence. It is neither In external reality nor an internal ridea, but laiversal Being, Being imfinite, it looks as if it is far, but being The Self of everyone, it is nearer than the dearest. Though it appears as divided into visite objects, it reigns supreme as the Undarvided Wholeness believe and beneath all particulars, like the ocean beneath the baves, Incomparable is its Miphel and Mayesty, It is the All-in-All, The Alt-Being The Only Sking that is, in which space and time get dissolved, topether with their Concomitants.

LVII Bereavement the is near and dear brings naturally sorrow to those the are related by affection in some trans or other, stuman emotions often gain an upper hand our understanding and season, which is they people Cannot se-concile themselves tite such a the justice of the Cosmos is sootes in Thuman Scutiment and is to yield to the longings of every induvidual, or is expected to Obook in accordance bith a tentative mand or a particular requisement of any person esperson! As longing's are tickle justiced troubs be relative artities n't it is to to to low the trishes of human feings. As logs of trood or human other in the ocean land than are separated by the different directions of blooming winds, people get selated them separated blotes in the direction of its fumuel of distrocted indersonations.

Exchatology after shedding the physical body is determined by the or her actions, the actions being deter-onined by the volitions, and the volutions by the descree wellgood deds enter into birk In nobler species and the doers of bad deads fall into cies of beings or of deproved the raethors. But these who are for from scarma, or action as such, born of individual whom the direct realisation of the Universal Atman, or the Supreme Self, Lave no rebirte? Their Pramas or wital ours, one with the All-pervading colonishing Being, and are tiberaten for leve. I such man 35

LIX Moksha Moksha, liberation, is the Goal of all life. It is the feedom of the spirit, Nirvana, Kai-Palya, Bupseme Independence. It is Eterrity, The wery tran-scendence of time afself. In Mokska, all the Tattvas, or Brin-cibles and popers that constitutes indiminduality get released and dissolved in the meanstrum of All-Being. The individuality, topether with its Karmas, gets united in a vital commuof srivers enter the ocean, freed from their names and forme, the knower-enters the Commibresent, from every side, in thery borm, and becomes one with everything everythere, for ever, as that Great Grandeur and Fullness of Brahman, the Absolute, Warmi Knishmaman

Gon Aducation Dolucation is The process of the gradual and systematic Summoning of the Hendeney in The human being to the realisation of perfection of in-not an acc remarkation of in-formation but assimilation of reality by degrees. Que Essent-day education has be-come a failure because of the troop methods adopted in Stuffing the Students' minds with information which cannot easily be dipested. When the education should believe education the whole scheme becomes a trawesty and life a purposeles abventure, In education, The law of being reveals itself as knowing as sell as doing, Mark the bord, "baing" blick determines all meaning. Mani Kanshmanasa

On Worls-Peace Human endeavours are obviously directed to the attainment of peace. Since There can bet me such thing as in Dividual peace, even as there can be no health of only a limb of one's body, a collective movement in The Called fox. Man's Conferenas will succeed in The When They are motivated by a purpose franseemdent to the constituents of The Luman assemblies, Peace is the aura of goodness, shich is a reflection of Godliness. Dami Knichmana 32

IXII Nission of Parfection The advent of Swami' Si wananda in the present Content of human history may to a of humanity's need to be roused from its shumber of Spiritual bank suptey and Hoyehological aberration in the direction of crass material-ism and a sensory outlook of life shat man is not merely a body, not wear a mint a so-Cial unit, or a political puppet, but a pressure-point of univer-bent a pressure-point of univer-sal protentialities, a spark of the Siving for the Sivine Reality, aspiring for supreme perfection in the Westmade Absolute, through every thought, feeling and action, that life, thus, has to be lived in an integral way to the impinite, was the anessage of this novel saint and sage of our times. In

The Inbal Lx 111 Fibal, art thou The coarse which people somile, She nough and rugged conne from Half-dressed in clothes, or feeling no snech and; waking at dawn and sleeping when sun sets, with no such light which bolished calla / lamp, Nature's ore, The eat in hunger and do sleep then fire, The love when Nature pushes Sompancous, Spontfancous, Sombas as they arn't seen, H Axcept in thought and concept her somal, Ast thou Supised by hiph-bow Cultures The think in vistres and anxiety's And laugh at folk the see mot

TXIV Blesses thou art, 6 tribal, Caresses by Nature's babe, I'm tenderarms! To Whom belongest thou in Vince Nahwe's group in tonest family, And none is there and thout free thou anovest well wastes Of morning & joy the breeze folar for blooms. Short Jost thou ask lout bater, air shick Nature yield's and bour's in abundance; H Ast thou a male or formale shat art thou? To that religion not thou closely knit, except in artless art thou choosest free? To love, adore and bonder at the borles? What is they tongue blick,

To others round except the Nature's morms
which dreply sipmify what
heart does feel!
"Set up an mosn" say baraner
eli matis men,
"Instathe thou their for brayer
and diet, " fet clothes be bet in worship at the shrines, Dier the down the less is "Rolives". But winter's peaks which strike high mountains lives. Peromit thick coats and onen with "Con floor be leaded, cooseed los So Summer's oxthodoxy Joes on Jain; But colder snows on tables spread

Sith shoes They east to present. In climax that community conseives

Husbands and bibes and fales
Communities Communitage Become The order and The onle Do free persons from greed of Bossemion.
But, then, the one to one alone Ans one does cling to one in bewes tie, In great morale of law Sivi-And both these needs are highly adoras laws, The willener is not promise cuows, for forest's rule is Nature's To them does one belong as property?

How can one slave to another Ohen the is shat in borld's analystic play?

LXVII Here each is each, and each is for the all one all to each so procurement become In Nasure? soule, the kingdom importial. But prise am greed to cleavage As mini and thing when none such Nadure knows; Is the fourt to man forbidden Which easen sees the good from bad driven? There is The "So" which "So not" Does To give vitlige, less all the good should Sie? Does gans on bas de perso for greferance? Else, love come good, it bod is nowhere seem?

LXVIII Thick is the law that governs all this life, The one ate the foreit? In Such domain of life Doartles folk and Nature's children love, Beholding God im light and shade alike, Lens at book, In Death of all the life of averything, mehighest good in borst of

On Life Estornal me fourteen boils are held to gether in his little frame, All glories past af loggone ages Seintillate herein. The ancient kingsoms, kings and hars fie latent here in all their hus, as past with prosent fused, Voi Krichur, Bridha, Chish and prophets are not Seas and gome, grehere and now can anamifest as timeles esecuals. not & woroka which show as mighty. Sums in Spotles sky, Grayoshya blere Roma rules with ne journeys Brudsha with his Heachings I mount on footevelong, And Scenes of Christ's crucifixion, or wes of exemplars,

Lxx Are all as solid seals cast on the screen of firma-Ansever now they all do exist, past is still alive Since nothing Dies enternally since it is there exercally. one binds of heaven blow on earth and keep comfact aglow, and keep comfact aglow, has go above here backs in sheets with staff and bonding back. Onen how can man his brother catch and imprison in bars or hunt in forests as his med as if they have no life? greaterests The other who is easter by himself of easting Savee found of easting Savee fould rows the borts apart. mer, all this is loss shad none is free and none independent,

And life can live by non-competing cooperation. The Verse hymn has loud proclaimed the new of secrifice. Which Vela calls as Jajima Come, actionless actions Which goes as love for neighbours bervior. But who is neighbour, This is hard for unlettered to know, Vince bhat is new and that is neighbour. But phat is near or is at hand, this who can clear pronounce, one very earth on which / be sans he nearest of neighbours. The air be breather The Sum and moon and all the Stars and Sky Do all impinge on very skin shick clothes taboracles. Bet each one ponder deeply this, and

me Great Grandeur ZxxII 6 Subline Presence! Almighty Power! Some there! show that looks are in The bills arness! show Bursting Vilendous! How canst mou use me? He I have list any self in the thick veil of self 2 darthemed to me, and for she that art Mighty, and fun! a Terror of Bliss indoxicontine of Jerrifie Gale of constine selight! Thear any weil and invade my dark forthers; should show it spen and, 6 Hood of Proposual Lipst! Posses me and absorb one imfo ony Seath-des-toying Bosom ! O Transporting 6 marca! Here is this soul criseging for a jot of my Grace, This orop crying for a bath in the Grean Immodate one with my queting travers, 6 Firerce Daulfriant! Where ast Thou?

The Drivine Hunter To blen the valiant Arguna With Astra, primant, Jauntles might, In combat borrows that ensued. one hero, barrior, Dis Japas for Grace of Siva ever kind; And break bithheld in Brogger Deep. And prayed in earnest by the soul; for, concentration's peak he reached; me heart of prayer to when the Bord. As brutish hunter whealtures, Weth consort dromes astribal lass Dis vins-like rush in strick of leaves. LXXIV A boar from bush fierdly teased one well-composed Asjuma calm, And threat it born to teashimmp, when here votruck on arrote sharp, Commotion stood when hunter sereamen, In ougged rudames jumpes formust Ans chamed the book in stricket his With arrow struck, and cruely laughes. "Look, halt," the hero cries, angeres,
"I hit the boos, thou shalt not
And interfere in any bout,
Unous, game is fair play, quit shou
hence." I consempt laughed the hours " Set thee behins, thou youngs fer frails me forest's owrs, and jungle beach Our targets make ; law, frake, Contemptuous words die sting

Lxxv ne boester valous, hero's brive On harsh repremano Lapoke Rebutting hundr's warrity. "In vain, thou, beast like dost for wend, With speech bofitting wilderness! Dea! what thou thinkest one here, stringer Deady am & to coush thee, "
fool." In greater comfount what sparks for, I'm aga he spoke hot sparks of fire, Which by out the hero's self-estern, And Rumbles him to speck of Oust. " Specked thou here, in sometim, show petty reed, a tretch of

LXXVI Betrave, thy life is in my hands, Impeace thou silance do " De outburst anger's hero sourced off uncouse difficunt hunder-In trembling fits of quoking bords which challenges formen to a war. How bold thou art prote warrior show, I be son though, I be son those art gone When scoreling assorts cleave, " "Amough of blabber, thou debases, Thinkot thou court battle

LxxvII book, pluck I shall they hands Jo, boast not, frate not, save In heat the hero charged fish, Direcharges bier eing arranges, At hunters fixon blick there shows In score detyring ports of anim. The assocs went and shuch there As strom would fall on hill exect, sho lauphod afain, sefying all; Betildered hero chaspes spain. But all sent vain on hundris Anotogum a fourtall his quiva

LxxvIII Inexhaustilk exhauster, Daw, rule and lopic stulfified, Honderstruck hero drew his stord And darted forth at mighty foe; Then Stouch his whoulder steel, which splintered fell in fieces blown Ohe Dark-hues body hunter born As har Senes for an ite or as pleased Depalled The best and strongest force Ef Arjuna, voto lossall-tools. With arrows fone, and Shored wes Due hero praspet the hunter firm for duel physique's, hand to hand, As arms he lost, so arms he raised.

Lxxix But, le, the marker, gimple's loss With such fiercuess grippes and The hero's body that it, Squeezes, To earth was cast in high his dain. Now sense, faller, resterly thrown, with shave beclouded, Brite John, full down, full down, from from, Siping his eyes, benumber and That is this now; am I alive ? Am I the parks invincible? Am I the will Ser Sturdy box's? Where are the arrows, how quiver? "Am I in Iream? am I awake? How Come this till man throws With shocking foils as themes.

LXXX Is this a dream? am & in sense?" "Grow hast enough? or, hast show? Ob faunting cruel Sishunder quose If show hast strength, come on and Of still thou carest sprom my field," Sobbine, be interes, trossendorn Anguma Lought, then, Sivine Prace; Installing from of bood Priva, With flowers, postate, booshippen As symbol installed for borship At one did rush to supperfect of forman, hunder, Irade fear. One farland on the bookisped

Lxxx1 Rumover ribell and flew apace Abound the grack of Dockenes for Tho, still, in contempt laugher " Hail, Lail, mon Master, art And onou only foe, art thou this man? Dry Low, this frank, with box me? My Deal With me in this Gblessed dag this; blened I; box, blen me, blen me, I am By fack of glasious Body Tadas defier is noose death.

LxxxII Mortyungaya, Lath Dishoyer!
Gloog to shee, 6 from of loods! Blessed the easth, blosed this soul, Ans all Creation omiles."